

# Street Handball Rules

(Short description - Page 1/4)



The game that can be played by everyone across sexes, ages, and in line with fair-play rules. "Keep it simple" - Few rules.

- **Play fair with no physical contact. No dribbling. Max. 3(4) steps.**

- **Four-a-side = 4 vs 4 players or less or more.**

- **Goalkeeper takes part in the attack. (\*\*Substitution)**

- **Played against 2 goals\*. With two goal areas zones.** Field 10m(13) wide x 20 m long.

- After a score, the game is set to **start from the goal.**

- - -

The next rules are only for inspiration; it is up to you to determine how to play Street Handball in your neighbourhood.

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- **Let the game "flow"**, avoid too many stops, e.g. in case of slightly overstepping lines, 4 steps, etc.

- **The person shooting has to swap with a substitute\*\* player**, and the substitute player becomes defence or goalkeeper.

- **After an attack**, the team must return home

and **touch or stand on the line of the goal area** before they can defend.

- You cannot make an attempt on goal until your teammates have touched the ball.

- **Non-aggressive defence is recommended.**

- **A 7-meter** (penalty) throw is awarded in case of **physical contact** with an opponent, or a push, etc.

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After the match, **shake hands** with the opponent and say, "**Thank you for a good match**".

- **Any handballs** may be used, especially soft balls and street handballs.

- - -

- **The scoring system\*\*\*: For very young children we recommend not to count the goals/points scored. The most important thing is to have fun.**

- **Rules / arbitrations** are settled through **dialogue among the players** or through a **Match Instructor\*\*\*\***.

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**Play and have Fun (Mix girls and boys)** - Perhaps with music / DJ ;D  
**Have a great time, enjoy the team spirit, and observe fair play.**

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Street Handball International - Denmark - Handball for all - International Street Handball Federation

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# Street Handball Rules

(Short description - Page 2/4)

**\*Played against 2 goals\***: On pitch / court with 2 goals provides more **fun** for everybody and it might even **improve your overall fitness** and let new handball players see how much **fun the 'real' game is**. Playing towards 1 goal is "fine", but one might wonder why football has become such a widespread sport? We Do Not think it would have been, had it been played with only 1 goal frame. ;)

**\*\*Substitution:** The person throwing at the goal can swap with a substitution player who become defence player or goalkeeper. (In this case, the substitution player is allowed to stand next to the goal ready to step in when the thrower exits the pitch at the centre line.) Remember. There are no fixed line-up roles.

**\*\*\*The scoring system:** For very young children we recommend not to count the goals/points scored. The most important thing is to have fun. This also means without a scoreboard. Quote from a street-handball event in Denmark, "**We were counting goals up to around 3** and it seemed that **the Instructor and later the players forgot to keep track of the score**, but the match continued, and the kids enjoyed it **and had fun**. Finally, prizes were awarded by way of a draw."

**\*\*\*\*The Match Instructor:** (May be a coach/parent or any third person)

Together with the team coaches, it is **the task of the Match Instructor** to ensure the **good experience**, and that all participants feel ownership of the game. The Instructor should remove the players' attention from the result and instead **focus on the good handball experience**, presence in the match, the **flow of the match**, and **avoid too many interruptions of the match**. **So, the Instructor is not the referee**; his task is to **guide the players** on the rules and make **the players focus on what they did well, etc.**

**Pitch dimensions:** We recommend; **10(13) meters wide x 20 meters long less or more.**

- 2 goal areas at opposite ends, preferable dotted lines forming a crescent or a straight line.

(4-5 meters from goal line and 3-4 meters from the post to the side line.)

- Mini goal, 2.4 meters wide x 1.6 meters long.



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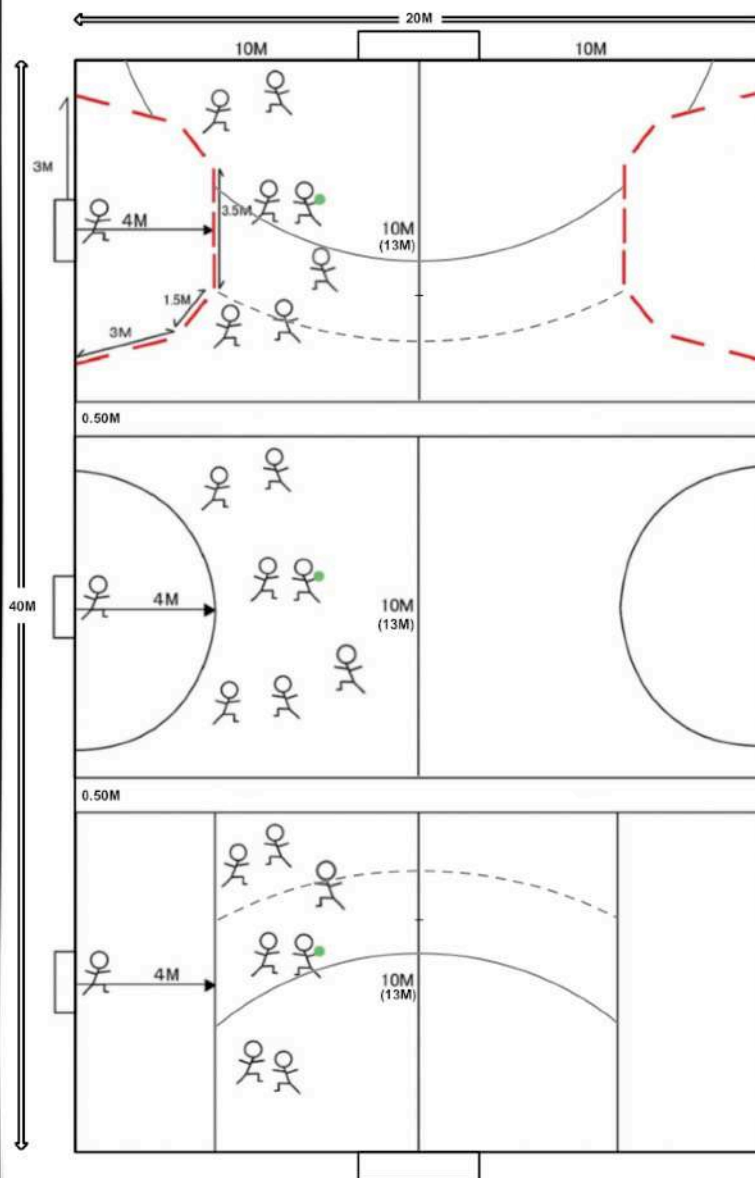
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# Street Handball Rules

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## Ideas for Street Handball field / court / pitch

(Maybe on your indoor field / outdoor multi court / mini street pitch)



SH is played **played against 2 goals** and with 2 goal area zones (marked by a crescent or straight lines (dotted or full), 4 or 6 meters from goal line and 3-4 meters from the post to the side line, depending on age group children / adults.

(SHI recommend size of goal 1.60 x 2.40)

You decide pitch size yourselves; **10(13) meters wide x 20 meters long is suitable for four-a-side.**

(13 meters wide x 20 meters long is an indoor mini court) Options depend on the physical environment, street / market place / square / school yard / parking lot / closed-street project / multi court / mini street pitch or your outdoor handball pitch / grass area / indoor handball court.

**A pitch / court with 2 goals** provides **more fun** for everybody and it might even **improve your overall fitness** and let **new handball players** see how much **fun the 'real' game is**. Playing towards 1 goal is "fine", but one might wonder why football has become such a widespread sport? We Do Not think it would have been, had it been played with only 1 goal frame.

Play fair with no physical contact.

No dribbling. Max. 3(4) steps.

Goalkeeper takes part in the attack.

**You may play Street Handball everywhere and anywhere.**

See more fair play rules  
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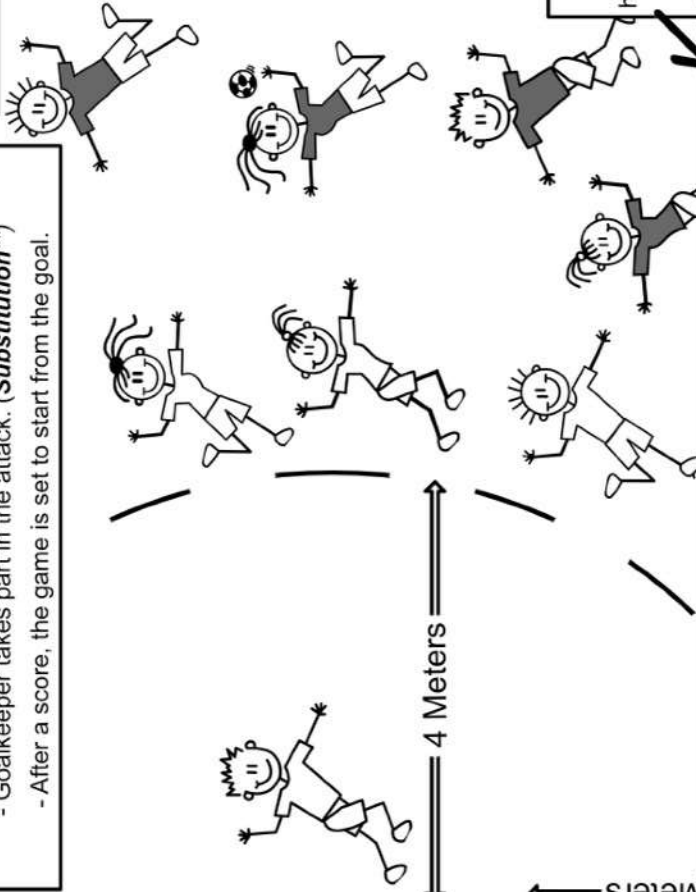


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**"Keep it simple"** - Few rules.

- Play fair with no physical contact.
- No dribbling. Max. 3(4) steps.
- 4 vs. 4 persons = Four-a-side or less or more.
- Field 10m(13) wide x 20m long or less or more.
- Played against 2 goals\*. With two goal area zones.
- Goalkeeper takes part in the attack. (**Substitution\*\***)
- After a score, the game is set to start from the goal.



- Mini goal, 2,4 meters wide x 1,6 meters high.

The next rules are only for inspiration; it is up to you to determine how to play Street Handball in your neighbourhood, market place, school yard, parking lot, outdoor/indoor handball field, grass area, street pitch or mini pitch.

- Non-aggressive defence is recommended.
- After an attack, the team must return home and touch or stand on the line of the goal area before they can defend.
- You cannot make an attempt on goal until your teammates have touched the ball.

- Let the game **"flow"**, avoid too many stops, e.g. in case of slightly overstepping lines, 4 steps, etc.
- A 7-meter (penalty) throw is awarded in case of physical contact with an opponent, or a push, etc.
- After the match, shake hands with the opponent and say, "Thank you for a good match".
- Any handballs may be used, especially soft and street handballs.
- **The scoring system\*\*\***: For very young children we recommend not to count the goals/points scored.

- Rules / arbitrations are settled through dialogue among the players or through a **Match Instructor\*\*\*\***.
- The most important thing is to have fun.
- Play and have Fun (Mix girls and boys) - Perhaps with music / DJ ; D
- Have a great time, enjoy the team spirit, and observe fair play.

**\*\*\*The scoring system:**  
Quote from a street-handball event in Denmark:  
"We were counting goals up to around 3 and it seemed that the Instructor and later the players forgot to keep track of the score, but the match continued, and the kids enjoyed it and had fun. Finally, prizes were awarded by way of a draw."

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20 Meters long

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